

# Pressure Cooker Sweet Potato & Peanut Soup

15 ingredients · 25 minutes · 4 servings



## Directions

1. Turn your pressure cooker to sauté mode and add the avocado oil. Add the onion and sweet potato and cook for 4 to 5 minutes. Then add the garlic and saute for 1 minute more. Turn the sauté mode off and add the smoked paprika, turmeric and chili flakes, if using. Stir to combine.
2. Add the canned tomatoes, sun dried tomatoes, peanuts, salt, coconut milk and water. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 4 minutes on high pressure. Once finished, let the pressure release naturally for 5 minutes, then do a quick release.
3. Carefully remove the lid, and add the peanut butter and spinach and stir to combine. Divide between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is equal to about 1 1/4 cups soup.

### No Peanuts

Use sunflower seed butter and sunflower seeds, or almond butter and almonds instead.

### No Fire Roasted Tomatoes

Use diced tomatoes instead.

### Additional Toppings

Top with additional peanuts.

## Ingredients

- 1 tsp Avocado Oil
- 1/2 Yellow Onion (diced)
- 2 Sweet Potato (medium-sized, peeled and cut into cubes)
- 2 Garlic (cloves, minced)
- 2 tsps Smoked Paprika
- 1/2 tsp Turmeric
- 1 tsp Chili Flakes (optional)
- 2 1/2 cups Fire Roasted Diced Tomatoes (from the can with juices)
- 1/4 cup Sun Dried Tomatoes (drained)
- 1/2 cup Raw Peanuts
- 1/2 tsp Sea Salt
- 1 3/4 cups Organic Coconut Milk (from the can)
- 1 cup Water
- 1/4 cup All Natural Peanut Butter
- 2 cups Baby Spinach

## Nutrition

Amount per serving

Calories	514	Sugar	14g
Fat	37g	Protein	13g
Carbs	35g	Sodium	731mg
Fiber	7g		